



#03-090

TEXAS DEPARTMENT OF HEALTH
AUSTIN TEXAS
INTER-OFFICE

TO: WIC Regional Directors
WIC Local Agency Directors

FROM: Barbara Keir, Director (Original Signed)
Division of Public Health Nutrition and Education
Bureau of Nutrition Services

DATE: August 15, 2003

SUBJECT: Nutrition Education and Breastfeeding materials

This memo contains information about nutrition education and breastfeeding materials. Please share this information with your nutrition education and breastfeeding coordinators.

- IF-000-07, *Inappropriate Feeding Habits*, has been deleted. The accompanying video, *First Foods: Lily Feeds Her Baby* has also been deleted.
- MN-000-11, *Your New Baby and Your Budget*. This discussion lesson motivates participants to breastfeed as a way to reduce the costs associated with a new baby, and covers the proper preparation of formula. This lesson will be mailed to all local agencies during the week of August 15, 2003.
- SP-000-14, *How Will You Feed Your New Baby*, a new self-paced motivational lesson that provides information on why breastfeeding is better than formula feeding. This lesson will be mailed to all local agencies during the week of August 22, 2003.
- *Family Planning and Breastfeeding: A Powerful Way to Protect Your Family*, stock no. 13-101 and 13-101A, has recently been revised. The new brochure, ***Breastfeeding and Family Planning***, stock no. **13-101 and 13-101A**, is now available and can be ordered from the Texas Department of Health Warehouse (TDH) using an AG-30 Order Form. The brochure provides information on family planning options that are safe while breastfeeding. Please recycle all old copies of *Family Planning and Breastfeeding: A Powerful Way to Protect Your Family*.

If you have questions, or require additional information, please contact Amanda Hovis, Nutrition Education Consultant, at (512) 458-7111, extension 3411 or Tracy Erickson, WIC Breastfeeding Coordinator, at (512) 458-7111, extension 3409, or Mary Van Eck, Manager Nutrition Education, Breastfeeding and Outreach, at (512) 458-7111, extension 3484.